

The faithful members of the Cordimarian Guild, met at the home of Mrs Shipstad, Saturday, Sept. 22, 1962., from 2 to 4 PM, for the privilege of being with Rev. Father Aloysius, in the recitation of the Holy Rosary, His Blessing and inspiring information for greater happiness.

Last month, Father spoke to us, explaining, how to make the greatest evil in our lives our greatest happiness.

Father told us that suffering is the great problem of human life. We all have to suffer, sometimes smaller ones, sometimes greater ones fall to our share, Father told us how to avoid and lessen suffering, and how to derive great benefits, from every suffering we have to bear.

The reason why suffering appears so hard is, first of all, that we are not taught what suffering is. Secondly, we are not taught how to bear it. Thirdly, we are not taught the priceless value of suffering.

It is surprising how easily some people bear great sufferings, whereas others get excited even at the smallest trouble.

The simple reason is that some have been taught all about suffering, others not.

SUFFERING IS NOT THE EVIL WE THINK IT IS.

First of all then suffering is not an evil for no one suffered more than the Son of God Himself, more than His Blessed Mother and more than the Saints. Every suffering comes from God. It may appear to come to us by chance or accident or from someone else but in reality every suffering comes to us from God. Nothing happens to us without His wish and permission. Not even a hair falls from our heads without His consent.

Why does God allow us to suffer?

Simply because He is asking us to take a little share in His Passion. What appears to come by chance or from someone else, always comes because God allows it.

Every act in Our Lord's life was a lesson for us. The greatest act in His life was His Passion. This was the greatest lesson for us. It teaches us that we too must suffer.

God suffered all the dreadful pains of His Passion for each one of us. How can we refuse to suffer a little for love of Him.

Suffering is the Gold of our lives.

Secondly, if we accept the sufferings He sends us and offer them in union with His sufferings we receive the greatest rewards. Five minutes suffering, borne for love of Jesus is of greater value to us than years and years of pleasure and joy. The Saints tell us that if we bear patiently our sufferings, we merit the crown of martyrdom.

Moreover, suffering borne patiently brings out all that is good in us! Those who have suffered are as usual the most charming people.

If we bear these facts in mind it certainly becomes easy to suffer.

Thirdly--God always gives strength to bear our sufferings

When God gives us any suffering He always gives us strength to bear it if only we ask Him. Many instead of asking for His help get excited and revolt. It is this excitement and impatience that really makes suffering hard to bear.

Remark that we are now speaking of all sufferings even the most trifling ones. All of us have little troubles, pains, disappointments every day of our lives. All these if borne for love of God obtain for us, as we have said, the greatest rewards.

How to bear suffering.

Even the greater sufferings that may fall to our share from time to time, become easy to bear if we accept them with serenity and patience. What really makes sufferings difficult to bear is our impatience, our revolt, our refusal to accept it. This irritation increases a hundredfold our sufferings and besides robs us of all our merits.

We see some people pass through a tempest of suffering with the greatest calm and serenity, while others get irritated at the slightest annoyance or disappointment. We all can learn this calm and patience. It is the secret of happiness.

An eminent physician in a conference which he gave to distinguished scientists and brother doctors told them that he owed all his great success in life to the simple fact that he corrected his habit of impatience and annoyance which had been destroying all his energy and activity.

Every one, we repeat, without exception, can learn this calm and serenity.

#### Penance.

We must all do penance for our sins. If we do not we shall have long years of suffering in the awful fires of Purgatory. This fire is just the same as the fire of hell.

Now if we offer our sufferings, the very little ones as well as the greater ones, in union with the sufferings of Jesus Christ we are doing the easiest and best penance we can perform. We may thus deliver ourselves entirely from purgatory, while, at the same time, gaining the greatest graces and blessings.

Lest us remember clearly that:

1. Sufferings come from God for our benefit.
2. We derive immense merits from every suffering borne patiently even the little sufferings of our daily life.
3. God will give us abundant strength to bear our sufferings if we only ask Him.
4. If we bear our sufferings patiently they lose their sting and bitterness.
5. Above all every suffering is a share in the Passion of Our Lord.
6. By our sufferings we can free ourselves in great part or entirely from the pains of Purgatory.
7. By bearing our sufferings patiently we win the glorious crown of martyrdom.

Of course we may do all in our power to avoid or lessen our sufferings but we cannot avoid all suffering. Therefore it is clearly necessary for us to learn how to bear them.

In a word we must understand clearly that if we remain calm, serene and patient, suffering loses all its sting but the moment we get excited the smallest suffering increases a hundredfold.

It is just as if we have a sore arm or leg and rub it violently it becomes irritated and painful whereas if we touch it gently we soothe the irritation.

We suffer from ill-health, from pains, from headaches, rheumatism, arthritis from accidents, from enemies. We may have financial difficulties. Some suffer for weeks in their homes, some in hospitals or nursing homes. In a word we are in a vale of tears. Almighty God could have saved us from all suffering, but He did not do so because He knows in His Infinite goodness that suffering is good for us.

### Prayer

We have a great, great remedy in our hands, viz., prayer. We should pray earnestly and constantly, asking God to help us to suffer, to console, or if it pleases Him, to deliver us from suffering. This is all, all important.

A very eminent doctor says in an article he recently published in the secular press that (Prayer is the greatest power in the world.)

I (I), he says, (and my colleagues frequently see that many of our patients whom we have failed to cure or whose pains we have failed to alleviate have cured themselves by prayer. I speak now not of the prayers of holy people but the prayers of ordinary Christians).

We should above all pray to Our Lady of Dolours in all our troubles. We should ask Her by the oceans of sorrow She felt during the Passion of Our Lord to help us.

God gave Her all the immense graces necessary to make Her the perfect Mother of God but He also gave Her, all the graces, the tenderness, the love necessary to be our most perfect and loving Mother. No Mother on earth ever loved a child as Our Blessed Lady loves us. Therefore in all our troubles and sorrows let us go to Our Blessed Lady with unbounded confidence.